WHAT IS CLAIMED IS:

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- 1. An elongated bumper core of a polyolefin-based resin-containing foam having a density of 0.045-0.2 g/cm³ and showing a compressive load of F_{20} at 20 % strain, a compressive load of F_{40} at 40 % strain and a compressive load of F_{60} at 60 % strain when compressed by a rigid pipe having an outer diameter of 70 mm at a compression speed of 500 mm/minute, wherein the ratio F_{20}/F_{40} is in the range of 0.6-1.3 and the ratio F_{60}/F_{40} is in the range of 0.75-1.3.
 - 2. A bumper core as claimed in claim 1, wherein the compressive load F_{40} is in the range of 1-6 kN.
- 3. A bumper core as claimed in claim 1, having a true volume VT cm³, and including one or more weight reducing portions having a total volume of VV cm³, wherein VT and
- $0.2 \le VT/(VT + VV) \le 0.7.$

VV satisfy the following condition:

- 4. A bumper core as claimed in claim 1, including a front section extending lengthwise of said bumper core, and at least two, longitudinally extending, vertically spaced apart protrusions each extending rearwardly from said front section, wherein each of said protrusions has a thickness in the vertical direction of T mm and a length in the front to rear direction of H mm, wherein the ratio of H/T is 2 to 10, and wherein the polyolefin-based resincontaining foam from which said protrusions are formed has a bending load of 35-400 N.
- 5. A bumper core as claimed in claim 1, including at least two, vertically spaced apart U-shaped sections each formed by a vertical front wall extending lengthwise of

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said bumper core and at least two legs extending longitudinally and also rearwardly from said vertical front wall to define between adjacent two legs a space which is open rearwardly; and an interconnecting section connecting adjacent two legs of each of the two adjacent U-shaped sections at a position spaced apart rearwardly from at least one of said front walls of said adjacent two U-shaped sections so that the U-shaped sections are interconnected together into a unitary structure.

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6. A bumper core as claimed in claim 5, having a foremost plane in which at least one of said front walls of said U-shaped sections is located and a rearmost plane in which a rear end of at least one of said legs of said U-shaped sections is located, and wherein said interconnecting section is located at a position spaced apart from said foremost plane a distance equal to at least one thirds of the distance between said foremost plane and said rearmost plane.

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- 7. A bumper core as claimed in claim 6, wherein said interconnecting section is located at said rearmost plane.
- A bumper core as claimed in claim 5, wherein said
 interconnecting section extends vertically and longitudinally.
- 9. A bumper core as claimed in claim 5, wherein each of said legs has a thickness in the vertical direction of T 30 mm and a length in the front to rear direction of H mm, and wherein the ratio of H/T is 2 to 10.
 - 10. A bumper core as claimed in claim 1, wherein said polyolefin-based resin is a polypropylene-based resin.

- 11. A bumper core as claimed in claim 10, wherein said polypropylene-based resin has a tensile modulus of at least 1,200 MPa.
- 5 12. A bumper core as claimed in claim 10, obtained by molding expanded beads of the polypropylene-based resin in a mold.
- An elongated bumper core of a polyolefin-based resin-containing foam having a density of 0.045-0.2 g/cm³, 10 comprising a front section extending lengthwise of said bumper core, and at least two, longitudinally extending, vertically spaced apart protrusions each extending rearwardly from said front section, wherein each of said protrusions has a thickness in the vertical direction of T 15 mm and a length in the front to rear direction of H mm, wherein the ratio of H/T is 2 to 10, wherein the polyolefin-based resin-containing foam from which said protrusions are formed has a bending load of 35-400 N, said bumper core having a true volume VT cm³ and including 20 one or more weight reducing portions having a total volume of VV cm³, wherein VT and VV satisfy the following condition:

 $0.2 \le VT/(VT + VV) \le 0.7$.

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- 14. A bumper core as claimed in claim 13, further comprising at least one interconnecting section connecting adjacent two legs at a position spaced apart rearwardly from said front section, and at least one aperture formed in said front section.
- 15. An elongated bumper core of a polyolefin-based resin-containing foam having a density of 0.045-0.2 g/cm³, comprising at least two, vertically spaced apart U-shaped sections each formed by a vertical front wall extending

lengthwise of said bumper core and at least two legs extending longitudinally and also rearwardly from said vertical front wall to define between adjacent two legs a space which is open rearwardly; and an interconnecting section connecting adjacent two legs of each of the two adjacent U-shaped sections at a position spaced apart rearwardly from at least one of said front walls of said adjacent two U-shaped sections so that the U-shaped sections are interconnected together into a unitary structure.

- 16. A bumper for attachment to a front of a vehicle, comprising a bumper fascia, a bumper core according to claim 1 having a front side attached to said bumper fascia, and a reinforcement to which a rear side of the bumper core is attached.
- 17. A bumper for attachment to a front of a vehicle, comprising a bumper fascia, a bumper core according to claim 13 having a front side attached to said bumper fascia, and a reinforcement to which a rear side of the bumper core is attached.
- 18. A bumper for attachment to a front of a vehicle, comprising a bumper fascia, a bumper core according to claim 15 having a front side attached to said bumper fascia, and a reinforcement to which a rear side of the bumper core is attached.

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